



Lake Needwood

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**April 9
Sunday**



Welcome to Lake Needwood! This will also be our sixth event ever at Lake Needwood, and it will feature a full slate of beginner through advanced courses. Course lengths and detailed course setter comments are now posted below. Event timing will be our standard: register between 10:45 - 1:15, start any time between 11 - 1:30, and be back before 3pm.

As with all QOC events, we will have free newcomer instruction at this event. A QOC member will show you how to read a map, teach you how to use a compass with your map and give you hints on how to navigate your choice of course. Besides that, just wear a smile and the clothes you would for a hike or run in a local park. Bring a compass, if you have one, or borrow one at the event. And dogs (on leash) are welcome at Lake Needwood too. Driving directions are below; we will be in Shelter C (just up from A).

Please be aware that Lake Needwood and its environs have, in the past, been susceptible to the development of microcystin, a toxin produced by algae that may grow in the lake. Although primarily an issue in late summer when water temperatures rise, we want everyone to be fully aware of the issue. The park authorities recommend not letting dogs swim in the water and of course, nobody should drink the water. [Here](#) [2] is a link to last summer's information (dated August, 2016) from



Montgomery Parks.

Any youth or large groups attending, please contact the [Event Director](#) [3] so that we can coordinate pre-registration for your group; the group registration and waiver [form](#) [4] is part of the information on our [Group Leaders](#) [5] page.

FYI: Pre-registration for next Sunday's advanced-orienteer-only event at Cunningham Falls is required and is now open (see that [event's webpage](#) [6] for details).

Nearby attractions include:

- Scenic Lake Needwood itself - for a panoramic photo by mapper Nadim Ahmed of part of the lake, click [here](#) [7]
- Park map - a Rock Creek Regional Park trail map with plenty of amenities can be found [here](#) [8], and a brochure [here](#) [9]
- A [Go Ape](#) [10] treetop adventure course is also in this park.



Post-Race MeetUp: It's a deal for us at this favorite spot - 10% off your bill - when you head to this family friendly restaurant after orienteering. Urban BBQ is located at 5566 Norbeck Rd, in the shopping center just east of the Rock Creek overpass; driving directions from our event are [here](#) [11].

Location

Lake Needwood, Circle Parking Area, Derwood, MD (Classic)

Registration

No advance registration required for this event (but it is required for next week's advanced-only event). You may start your course at any time during the start window listed below for your event.

Start Times

Schedule

Sunday, April 9 11:00 am - 3:00 pm Classic:

Volunteers

Event [Don Fish](#) [12]
Director:
Course [Russ Damtoft](#) [13]
Designer:

Location Details